ROWING NEW ZEALAND

2027 NZ U19 Rowing Teams

2027 World Rowing U19 Championships

27-31 July

Plovdiv, Bulgaria

2027 International Rowing Challenge

18-20 September

LA, USA



What is the purpose of the NZ U19 Rowing Team that travels to the World Championships?

The purposes of the team are:

- Identify future Elite World championships or Olympic athletes
- Engage talented athletes in the High-Performance pathway as they move out of school
- Develop our wider rowing community through exposure to international standards

What is the purpose of the NZ U19 Development Team that travels to the International Rowing Challenge?

The purposes of the team are:

- To provide an opportunity for those athletes who missed out on the World Championships team to experience international competition
- Engage talented athletes in the High-Performance pathway as they move out of school
- Develop our wider rowing community through exposure to international standards

Who is eligible for the NZ U19 Rowing Teams?

All athletes must meet the following to be eligible for a 2027 U19 Team trial. Any exceptions to the below requirements must be approved by the Rowing New Zealand Athlete Development Manager, Janey Charlton (janey@rowingnz.kiwi), before the due dates.

- Any rowers who are 18 years of age or under on 31 December of the year of the World Champs.
- Athletes must hold New Zealand citizenship and a current New Zealand passport
- Athletes must have completed an Athlete Nomination Form no later than 16 November 2026
- Athletes must have completed the erg testing set out below (see "How is the team selected?")

How do I nominate?

All rowers who want to be considered need to read the selection policy and selection guidelines. Please note that the information in this document is advice only and is not the selection policy or selection guidelines.

Athletes nominate themselves and can do this via the nomination form on the Rowing NZ website. Selectors want to see that athletes are committed to rowing for NZ, so it is important to complete the nomination form and any erg submissions on time, and to meet on-water requirement to complete at least one time trial. Rowers are encouraged to perform erg tests early in the submission window – this leaves you time to spare in case of injury or illness.



THE ROAD TO
U19 WORLD CHAMPS

ROWING NEW ZEALAND

November



Team Nomination

+



5K & 1min Erg Submission

December - January



Time Trials Before Xmas Regatta/Otago Champs

+



Assessment Camps

+



Time Trial Before NICC/SICC

February-April



2K & Max Watt Erg Submission

+



Time Trial Before NISS/SISS

→



U19 Trials

U19 World Champs Team

April - July



Regional Training

→



Pre-tour camp

→



World Champs

U19 Development Team

April-September



Regional Training

→



Pre-tour camp

→



International Rowing Challenge

THE ROAD TO
INTERNATIONAL ROWING CHALLENGE

ROWING NEW ZEALAND

November-April



Same Process as for U19 World Champs &/or U18 NvS

May



5K Erg Submission

June



2K Erg Submission

August



U19 Dev. Trials

August-September



Regional Training



Pre-tour camp



International Rowing Challenge

How do I get an U19 trial?

The selection guidelines on the Rowing NZ website explain how athletes may gain selection for the NZ U19 Rowing Team. Any athlete wishing to be selected should read the selection guidelines and selection policy. The detail below is a guide only.

- Athletes must have completed a 2km ergometer test and 5km (open rate) ergometer test in the time frames set out below and observed by a RNZ nominated regional erg tester (any exceptions to this i.e., cannot attend due to injury, bereavement, or the like need to be approved by the RNZ Athlete Development Manager).

    - 5km Ergometer Completed between 12 October - 15 November 2026
    - 2km Ergometer Completed between 1 February - 28 February 2027

- Time trials will be held before:
    - Karapiro Christmas Regatta & Otago Championships,
    - North Island Club Championships & South Island Club Championships.
    - North Island Secondary Schools & South Island Secondary Schools

    Athletes nominating for the U19 World Championships team are required to attend **ONE** of these time trials in a single, pair or double to be eligible.

- As an athlete nominating for a team, it is **compulsory that you complete the Understanding the Rowing NZ Selection Policy for Classic Rowing module**, it should take between 25-30 minutes. See the instructions at the end of this document for more information.
- Athletes will be invited to trial by the Rowing New Zealand U19 Selection Panel via an announcement on the Rowing New Zealand website by the 22nd of March 2027.
- Athletes are expected read the Selection for Athletes and Crews Policy, especially Clause 14 – Selection Criteria.
- Selection guidelines are also available on the Rowing NZ website.

Subject to compliance with the pre-requisites set out above and in the previous section, athletes may gain selection for Under 19 trials by:

- Invitation of the RNZ U19 Selection Panel; or by
- Meeting "Auto-Trial" criteria by achieving **BOTH** of the following:

    Bettering the 2km Erg standards (see below - to be verified by RNZ Ergometer Tester).
    AND
    Achieving a top 4 placing in the U18 A-final in the 1X, 2- or 2X and/or top 2 placing in the 4+ or 4X+ at the 2027 Maadi Cup OR achieving a top 4 placing in the Senior 1X, 2- or 2X at the 2027 NZ Club National Champs.

*Note that most athletes must achieve **both** the 2km erg standard and on-water criteria to earn an "auto-trial".*

	Female	Male
5K RNZ Target November - 17 year old target	18:55.0 1:53.5	16:42.0 1:40.2
2K RNZ Target January - 18 year old target	7:06.0 1:46.5	6:14.0 1:33.5



What is the standard required to succeed?

It is a big step up to international standard.

- On-water, the gap from Under 19 to Under 23 is not a huge one, with some athletes from other countries competing and succeeding at both the Under 19 and Under 23 World Championships. Racing in the open grade at big domestic regattas gives some idea of what the standard is like.
- Physically, rowers should be aiming to hit RNZ erg standards above. Everyone moves a boat well at International level so it is important to have both the boat movement *and* the physical capabilities.

What are the key dates?

It is important to know the key dates from athlete nominations in 2026 to the end of the campaigns in 2027. Note that in 2027 the U19 Development Team will compete **AFTER** the U19 World Championships.

Date	Event	Location
12 October - 15 November 2026	5km & 1min erg submission window	Online
16 November 2026	U19 Team Nomination Form due	Online
20 November 2026	U19 Assessment Camp invitations sent	Online
10 December 2026	Time Trial	Lake Karāpiro
11 December 2026	Time Trial	Lake Ruataniwha
13-15 December 2026	South Island Assessment Camps	Lake Ruataniwha
13-16 December 2026	North Island Assessment Camps	Lake Karāpiro
28 January 2027	Time Trial	Lake Karāpiro
29 January 2027	Time Trial	Lake Ruataniwha
1-28 February 2027	2km & max watts erg submission window	Online
21 March 2027	U19 trialists list published	Online
11-17 April 2027	U19 trials	Lake Karāpiro
30 May 2027	U19 World Champs team assemble	Cambridge
31 May – 13 June 2027	U19 Development nominees 5km erg submission window	Online
28 June – 11 July 2027	U19 Development nominees 2km erg submission window	Online
TBC	U19 World Champs team depart	Plovdiv, Bulgaria
27-31 July 2027 (TBC)	U19 World Championships	Plovdiv, Bulgaria
6-8 August 2027	U19 Development Team trial	Lake Karapiro
TBC	U19 Team arrive back NZ	Auckland, NZ
8 September 2027 (TBC)	U19 Development team assemble	Cambridge
13 September 2027 (TBC)	U19 Development team depart	
18-20 September 2027	International Rowing Challenge	

What are the Time Trials for?

The time trials help selectors to understand more about how well athletes are moving a boat. The time trials are also a great opportunity for rowers who may not compete in a small boat at the Maadi Cup or the NZ Rowing Championships to show their boat movement capability.

How do I get an invite to an Assessment Camp?

U19 Assessment Camps are held at Lake Karapiro and Lake Ruataniwha straight after Christmas Regatta and Otago Champs. Participation at assessment camps is by invitation. Rowers indicate in the U19 nomination form whether they want to be considered to attend the assessment camp.
For the camps, selectors are looking for evidence that rowers may be capable of a medal-winning performance at the U19 World Championships, demonstrated through:

- Strong **boat-moving ability** (especially small boats at U17/U18 or senior/open), **AND**
- Strong **physical capability** (5K erg performance in the most recent testing window).

To be considered, athletes must have completed their 5K erg. Rowers who have not completed this erg test, including those with a medical exception, will not be invited to participate in assessment camps.

Coxswains are selected based on racing recordings. More information is provided to those who have nominated. See the updated Pathway Plan on the Rowing NZ Website to view the Coxswain Picture of Performance and to better understand what selectors are looking for.

If I don't get invited to an Assessment Camp, can I still get an U19 Trial?

Rowers not invited or unable to attend the assessment camp are **still very much eligible to be selected for an U19 trial.** Some athletes who don't get invited to camp show strong performances after Christmas that can earn them a trial, and potentially a place in the team. Rowers who cannot attend Assessment Camp should absolutely still submit a 2K erg in the submission window if they want to be considered for the U19 team.

What happens at the Assessment Camps?

The intent of these camps has shifted from developing a wide number of athletes to assessing athletes who have already shown that they are already developing the performance ambition, attributes, and attitude required to medal at the next U19 World Champs,

- Assess athletes – review the current attributes, ambition and attitude of athletes more closely
- Develop options – Get a sense of which boat classes and combinations could be realistic medal-winning options
- Provide feedback – give clear guidance to athletes on their development needs ahead of trials

At the assessment camps, rowers will receive the chance to measure themselves against the best U19 talent in the country in seat racing and training rows. There will also be testing and/or education opportunities in areas like S&C, physiology and nutrition.



What happens at the U19 trials?

Following the trialist announcement on the Rowing New Zealand website, athletes will need to confirm whether they accept or decline the trial by Tuesday 23rd of March 2027 to Development Coordinator, Maxine Hughes, maxine@rowingnz.kiwi.

The purpose of the 2027 U19 Team trial is to select athletes and crews to represent New Zealand at the U19 World Rowing Championships in Plovdiv, Bulgaria, from 27th-31st July 2027.

The trial will take place from the 12th-17th of April 2027, with athletes arriving at Lake Karāpiro in the afternoon of the 11th of April.

All trialists will be required to:

- Complete a 2000m maximum erg test (Monday 12 April)
- Be prepared to race and/or time trial in any of the following boats: singles, doubles, pairs, fours, quads or eights over distances from 500m through 2000m

Some selected athletes may be given the opportunity to trial specifically for selection in small boats (single sculls, double sculls, pairs) and these athletes may be required to do all of the above as well as be prepared to complete maximum effort time trials in their targeted boat over 2000m up to three times

Selectors will be looking for crews that are capable of making winning a medal and going at least 97% of World's Best Times at trials in ideal conditions.

The cost to attend the U19 Team Trial is $1200 (TBC).

How am I expected to behave at trials?

As a condition of participating in the 2027 U19 Team, Rowing New Zealand requires that you agree to and uphold the following understandings and conditions:

Rowing New Zealand expects that:

- *At all times you will conduct yourselves in a dignified and responsible manner that is respectful towards others*
- *You will willingly comply with all reasonable requests of Rowing New Zealand's National Selectors, Coaches and Officials*
- *To ensure fair outcomes you agree to participate to the best of your ability in all selection races, time trials etc.*
- *You will not make comment about rowers other than yourself to the media or any comments that reflects on Rowing New Zealand or its selectors, coaches and officials negatively*
- *You acknowledge that at times during the trial there may be unavoidable delays as a result of the decision-making process. Where possible these will be kept to a minimum.*

If I am selected, what does the U19 World Champs Team Campaign look like?

Once selected to the team, athletes will be required to train regionally before coming into a pre-tour camp based at Lake Karapiro. A training programme will be sent out by the U19 Coaches once the team has been selected and coaches will regularly check in with crews. Athlete training is monitored via CrewLab.

The team will assemble in Cambridge on Sunday 30 May 2027 and remain in camp until departure for Europe.

Athletes can expect to complete anywhere from 120 (a women's single, for example) to 180 kilometres (a men's eight) per week in camp. This is about 10-16 hours of training. Athletes can expect to complete two training sessions a day, 6 days a week, with at least one row each day and a combination of more rowing or strength and conditioning or ergs for a second session.

During the camp athletes are given time in the afternoon to carry on with schooling/university studies or work commitments after training in the morning.

Athletes from the area have the choice to stay at home or stay in camp with the team members from out of the area. The cost to stay in camp is $5000 (TBC) per athlete to cover all meals, accommodation and training costs for the 6 weeks.

The U19 World Championships are from the 27th-31st July, with the team departing Bulgaria on the 1st Aug to return to New Zealand.



What does the U19 Development Team Selection look like?

In 2027 the U19 Development team selection will look a little different to the previous two years. Athletes who have completed the U19 nomination process or were selected to the U18 North or South Island team will be eligible for selection into the team.

Athletes who are interested in the team should take a short break after Maadi or U19 trials/U18 N V S Regatta and then start training again, prioritising training in a small boat 1X, 2X or 2- in their home region and will be required to submit the following erg tests:

- 5km Ergometer Completed between 31 May – 13 June 2027
- 2km Ergometer Completed between 28 June – 11 July 2027

A trial list of athletes selected for the U19 Development Team trial will be published on the Rowing NZ website on Friday 16 July 2027.

The trial will take place during the Pathway Assessment Regatta at Lake Karapiro from Friday 6 Aug – Sun 8 Aug, with athletes arriving either the night before or the morning of the trial.

All trialists need to be prepared to complete a time trial in a small boat over 1500-2000m: single, double or pair initially then to race and/or time trial in any of the following boats: singles, doubles, pairs, fours, quads or eights over distances from 500m through 2000m.

Selectors will be looking to select 4 female athletes, 4 male athletes and 1 coxswain. Athletes will be required to both sweep and scull as they will cover the following events: W2X, W2-, M2X, M2-, W4X, M4X, W4+, M4+, Mx8+.

The cost to attend the U19 Development Team Trial is TBC.

If I am selected, what does the U19 Development Team Campaign look like?

Once selected to the team, athletes will be required to train regionally before coming into a pre-tour camp based at Lake Karapiro. A training programme will be sent out by the U19 Development Coach once the team has been selected and the coach will regularly check in with crews. Athlete training is monitored via CrewLab.

The team will assemble in Cambridge on Wednesday 8 September 2027 (TBC) and remain in camp until departure on 13 September 2027.

How much does it cost?

All costs contribute towards accommodation, food, equipment hire and travel expenses.

Assessment Camp North Island - $375 (3 days)
Assessment Camp South Island - $250 (2 days)

This cost covers accommodation, food and training costs

U19 Team Trial - $1200 (TBC)

This cost covers accommodation, food and transport costs for the week. All trialists also receive a U19 trialist rowsuit.

U19 World Champs Team Pre-Tour Camp - $5000 approx. for 6 week camp (TBC)

This cost covers accommodation, food, transport and training costs. Any medical costs incurred by athletes will need to be covered by the athlete themselves.

U19 World Champs Team Tour - $15,000 approx. (TBC in February 2027)

This cost covers return flights to Bulgaria, meals, accommodation, uniform and transport while overseas.

U19 Development Team Pre-Tour Camp - $850 (TBC)

This cost covers accommodation, food, transport and training costs. Any medical costs incurred by athletes will need to be covered by the athlete themselves.

U19 Development Team Tour - $7500 (TBC)

This cost covers return flights to the US, meals, accommodation, uniform and transport while overseas.

What are the options if I miss out?

U17 athletes who are not selected for a trial may be selected for the North or South Island U18 teams if they have nominated.

U19 Trialists who do not make the World Champs team are then considered for the U19 Development team to travel to Michigan for the International Rowing Challenge.

Both opportunities described above can be valuable stepping stones for athletes wishing to pursue high-performance rowing.

Understanding the RNZ Selection Policy for Classic Rowing

As an athlete nominating for a team, it is compulsory that you complete the Understanding the Rowing NZ Selection Policy for Classic Rowing module, it should take between 25-30 minutes.

The How to look after yourself during selection periods module is not compulsory but is highly recommended for those who may be relatively new to the nomination and selection process and takes 15-20 minutes, it is accessible to all with the RowingNZ Sport Tutor access.

Both modules are housed on SportTutor which is Sport NZ's free education platform. The selection Policy module can only be accessed through the link.

To access the Understanding the Rowing NZ Selection Policy for Classic Rowing module, please follow these steps:

1. Go to https://sporttutor.nz/rowingnz
2. Log in using your existing SportTutor details.
3. If you don't have a SportTutor account, select "Sign Up" and create one.
4. Once logged in, go back into this email/document and open the module using this link: https://sporttutor.nz/ilp/pages/description.jsf#/users/@self/catalogues/5648282/courses/5644965
5. Click 'syllabus' to access (If you experience any issues accessing your SportTutor account, please contact sporttutor@sportnz.org.nz.)

Once you are in the RowingNZ Sport Tutor you will be able to see the 'How to look after yourself during selection periods' module, the link is also provided below:

https://sporttutor.nz/ilp/pages/description.jsf#/users/@self/catalogues/2906240/courses/5636844